



Description

Arrival Activity: 1v1 Attacking: 1v1 Att/Def 1 Mini-Goal (flying rotations) (10 mins)

Setup: Age/level-appropriate 4-Goal setup (15-25m wide x 20-30m long) split vertically to form 2 lanes. Center line marked.

Activity: Teams of 3-4 players each. 1 ball per player. 1 line per team next to 1 mini-goals. Play 1v1 until ball leaves the field. 1 new player attacks from end where ball leaves the field (sideline, end-line, or goal). player from that end leaves the field and returns to line. player from opposite end stays on to defend. Play promotion-relegation format across multiple fields.

Options: Must be inside attacking half to score.



Technical: Turning Moves (15 mins)

Setup: Defined age/level-appropriate space (10-15m long x 5-10m wide). Cone gate (2m wide, positioned 3-5m out).

Activity: 2-4 players per group. 1 ball per group. Aggressive 1st Touch to/thru Cone Gate. Execute given Turning Movement + Take-Away Touch (TAT). Pass to next player, who attacks gate on 1st touch.

Progression: Inside Cut (R/L) > Outside Cut (R/L) > Pull-Back (far foot) (R/L) > Pull-Back (near foot) (R/L)

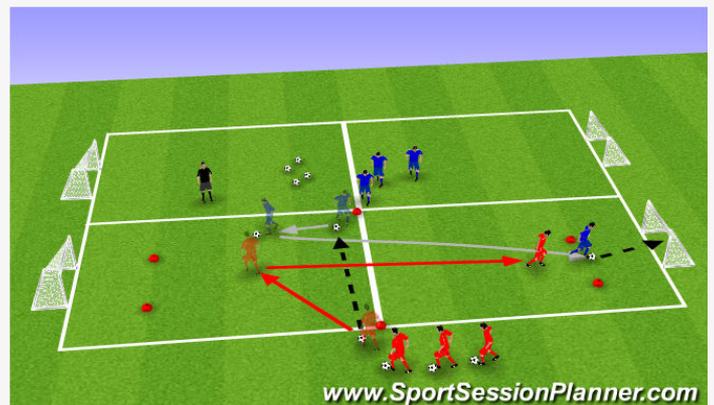


Individual Tactics: 1v1 Directional Possession: 1v1 Attack 2 Opposite Goals (Balls w/ Players) (15 mins)

Setup: Age/level-appropriate space (8-12m wide x 20-30m long). Cone gates (5m from goal (2-4m wide).

Activity: Teams of 4-6 players each. Balls with defending team. Play starts with pass to attacking team. Play 1v1 to score in either of 2 goals until ball leaves the field of play. Both players leave the field returning to lines with ball. Next ball to attacking team starts next 1v1. Attack starts with the same team for allotted time, then other team attacks for same amount of time. Goals must be scored within shooting zone. Attacker must dribble thru cone gate before scoring. A defender who wins the ball can attack either goal, but must also dribble thru the gate to enter the shooting zone. A defender who finishes a ball dribbled thru the gate by the opposing player has scored an own-goal. Practice round(s) with each team attacking and defending. Competition round(s) where scores are kept (2-3min each way).

Coaching Points: aggressive attacking mentality, 1v1 possession, use of appropriate turning moves, timing of evasive touches, maintain orientation facing the defender/goal, deception/fake to turn, seal off/cut off defender



Team Play: Changing the Point of Attack: 8v8 Match Format (20 mins)

Play 8v8 (7v7 plus goalkeepers). Standard 8v8 rules.

Focus: Changing the Point of Attack

- Changing the Point of Attack at Individual Player
- Changing the Point of Attack as a Group
- Sideways/Backward Ball Movement to Find Space to Attack

Utilize "Coaching in the Game" methodology to provide insight into the game, such as attacking shape, defensive shape, roles & responsibilities, decision-making, etc. Reinforce coaching points from the session's previous activities.

